

Pumpkin Smoothie

Makes: 6 Servings

This is a refreshing smoothie recipe that uses low-sodium canned pumpkin and ripe bananas.

Ingredients

- 1 can** low-sodium pumpkin (chilled, about 15 ounces)
- 1 can** evaporated low-fat milk (chilled, 12 ounces)
- 1 1/2 cups** orange juice
- 1** banana (small, sliced)
- 1/3 cup** light brown sugar (packed, or 1/3 cup regular sugar)
- 2** dozen ice cubes (if you like)
- 2 teaspoons** ground cinnamon (if you like)

Directions

1. Place pumpkin, evaporated milk, orange juice, banana, and sugar in blender. 2. Cover and blend until smooth. 3. If using ice, pour mixture over ice. If using cinnamon, add that too.

Recipe provided by Verybestbaking.com.

